What is claimed is:

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- 1 1. A grip accessory, comprising: a core defining a bore and comprising a relatively non-elastic material having a surface and a bore accommodating the sliding of the surface of an elongate instrument; and an integral sheath formed over the core for providing a comfortable gripping surface.
- 1 2. The grip accessory of claim 1, wherein the core includes at least one 2 aperture, and the sheath includes at least protrusion that extends through the 3 aperture into the bore.
- 1 3. The grip accessory of claim 2, wherein the protrusion is a ridge.
- 1 4. The grip accessory of claim 1, wherein the core is comprised of polyethylene, polypropylene, or polybutylene.
- The grip accessory of claim 2, wherein the core is comprised of polyethylene, polypropylene, or polybutylene.
- 1 6. The grip accessory of claim 3, wherein the core is comprised of polyethylene, polypropylene, or polybutylene.
 - 7. The grip accessory of claim 1, wherein the sheath is an elastomer.

1	8.	The grip accessory of claim 2, wherein the sheath is an elastomer.
1	9.	The grip accessory of claim 3, wherein the sheath is an elastomer.
1	10.	The grip accessory of claim 4, wherein the sheath is an elastomer.
1	11.	The grip accessory of claim 5, wherein the sheath is an elastomer.
1	12.	The grip accessory of claim 6, wherein the sheath is an elastomer.
1	13.	A method for making a grip accessory, comprising:
2		A. molding from a first material a core having a bore and at least
3		one aperture; and
4		B. molding over the core a sheath of a second, elastomic material,
5		having a geometry that includes at least one protrusion
6		that extends past the aperture into the bore, wherein the
7		first material and the second material bond during the
8		molding process.